



RECIPES & COOKING TIPS

TABLE OF CONTENTS

- 1 [Super Fluffy Scrambled Eggs](#)
- 2 [One Pan Breakfast Burrito](#)
- 3 [Baked Egg Frittata Muffins](#)
- 4 [Smoothie Fruit Combinations](#)
- 5 [Powered Up Smoothie](#)
- 6 [Avocado Toast Ideas](#)
- 7 [Homemade Greek Yogurt](#)
- 8 [Healthier Instant Oatmeal](#)
- 9 [Overnight Cold Oats](#)
- 10 [Pumpkin Spice Steel Cut Oatmeal](#)
- 11 [Instant Pot Steel Cut Oats](#)
- 12 [Lazy Breakfast Ideas](#)
- 13 [Meal Prep Quinoa Salad](#)
- 14 [Zucchini Boats](#)

TABLE OF CONTENTS

- 15 [Ideas for a Lighter Pizza](#)
- 16 [Slow Cooker Carolina BBQ Chicken](#)
- 17 [Honey Garlic Lime Chicken](#)
- 18 [Tips for Better Stir Fry](#)
- 19 [Better Than Takeout Stir Fry](#)
- 20 [Salmon Meal Prep](#)
- 21 [Lighter Chicken Quesadillas](#)
- 22 [Leftover Vegetable Roast](#)
- 23 [5 Ways to Cook Asparagus](#)
- 24 [Potato Side Dish Ideas](#)
- 25 [Peanut Butter Protein Balls](#)
- 26 [Quarantine Cookies](#)
- 27 [Maple Spice and Walnut Granola](#)
- 28 [Cranberry, Walnut, and Spice Granola](#)

TABLE OF CONTENTS

29

[Greek Yogurt Popsicles](#)

30

[Instant Pot Mini Cheesecakes](#)

31

[Favorite Recipes from Other Chefs](#)

32

[3 Step Dinner Planner](#)

33

[3 Step Breakfast Planner](#)

34

[3 Step Meal Planner](#)

BREAKFASTS



Eggs for breakfast isn't groundbreaking, but here's how to ensure your eggs are fluffy and light instead of crumbly and dry.

INGREDIENTS

- 2 eggs
- 6 Tbsp of egg whites
- 1 Tbsp butter (optional)

SUPER FLUFFY SCRAMBLED EGGS

DIRECTIONS

1. Place a nonstick skillet on a stovetop and preheat on low heat. Add the butter if desired and melt.
2. Crack eggs in a bowl and add egg whites for extra protein. Whip with a fork until bubbles form. Add to the preheated skillet.
3. Let the eggs sit and cook for a couple of minutes. Use a rubber scraper and push the cooked eggs toward the center of the pan. Let the eggs sit again. Keep pushing the cooked eggs toward the middle of the pan until there's no more liquid.
4. Flip the eggs to finish cooking through. Take the eggs out of the pan just before they're done. Salt and pepper if desired.

BREAKFASTS



BASIC INGREDIENTS

2 tortillas, taco size
2-3 Tbsp of avocado oil
½ cup of frozen Potatoes
O'Brien
3 eggs

OPTIONAL ADD-INS

Cooked bacon or ham
Cheese
Peppers & onions
Salsa
Avocado
Hot sauce or buffalo sauce

ONE PAN BREAKFAST BURRITO

DIRECTIONS

1. Preheat a large skillet to medium heat. Cook any ingredients that are raw, like fresh uncooked tortillas, peppers, bacon, etc. Remove all ingredients from the skillet.
2. Add oil to the skillet and cover the bottom of the skillet with the potatoes O'Brien. Cover the skillet with a lid and cook for about 10 minutes, stirring every few minutes to prevent burning.
3. Lower heat to medium-low and uncover. Whisk eggs together in a bowl and pour over potatoes O'Brien. Use a rubber scraper to stir every 30-60 seconds.

ENTREES

ONE PAN BREAKFAST BURRITO (CONT.)

DIRECTIONS

4. Once the eggs are cooked, top the tortillas with the filling and any sauce/salsa in a straight line, slightly below the center line of the tortilla. Roll the tortilla by folding the edges over the ends of the filling, lift up the edge closest to you and begin rolling the tortilla away from you.

BREAKFASTS



Mini egg frittatas are an easy way to get some protein for breakfast. Plus, you can use anything in your fridge to make them.

BASIC INGREDIENTS

12 eggs
Onion powder
Garlic powder
Salt & black pepper

BAKED EGG FRITTATA MUFFINS

DIRECTIONS

1. Preheat oven to 400°F. Place a silicone muffin pan on top of a baking sheet to avoid spills when moving it into the oven.
2. Fill the cups with any add-ins. Make sure any meat or potatoes are pre-cooked.
3. Crack all the eggs into a large glass measuring cup (something you can easily pour). Mix the eggs with the onion powder, garlic powder, salt, and pepper.
4. Carefully pour the egg mixture into each muffin cup, almost full. Bake for 20-25 minutes or until the eggs are set.
5. Store in the fridge and reheat for 30 seconds in the microwave when you're ready to enjoy!

BREAKFASTS

BAKED EGG FRITTATA MUFFINS IDEAS

ADD IN IDEAS

- Cubed ham
- Bacon bits
- Cooked sausage
- Spinach
- Cooked potatoes (any variety)
- Mozzarella
- Swiss cheese
- Cheddar cheese
- Feta
- Pepper jack cheese
- Bell peppers
- Olives
- Onions
- Garlic
- Tomato (regular or sun-dried)
- Mushrooms
- Anything you can put in an omelet

BREAKFASTS



Ten ideas for fruit combinations for your smoothie

BASIC INGREDIENTS

2-3 different fruits
½ cup milk of choice
⅓-½ cup plain Greek yogurt
or
unflavored protein powder
Any Power Ups from the next recipe

SMOOTHIE FRUIT COMBINATIONS

IDEAS

1. Strawberry, banana, and mango (my personal fave)
2. Raspberry and orange juice
3. Triple berry - strawberry, blackberry, and raspberry
4. Frozen grapes and apple
5. Blueberry and pear
6. Peach and ginger
7. Strawberry and grapefruit
8. Pomegranate and cherry
9. Watermelon and lime
10. Pineapple, banana, and coconut milk

BREAKFASTS



A basic framework for making smoothies so you can start your day with protein and healthy carbs

INGREDIENTS

2-3 different fruits
½ cup milk of choice
⅓-½ cup plain Greek yogurt
or
unflavored protein powder
Any power ups from below

POWERED UP SMOOTHIE

DIRECTIONS

1. Pick 2-3 fruits or use a frozen medley and fill the cup ⅓ to halfway. Add about a half cup of your milk of choice. Then add plain Greek yogurt or unflavored protein powder. Add desired power-up (s). Blend and add more milk if it's too thick.

POWER-UPS

- Chia seed
- Flax seed
- Hemp seeds
- Spinach
- Whole nuts or nut butter

PRO TIPS

- Use a combination of fresh and frozen fruit for the best texture.
- Avoid using acidic fruits with dairy.
- Chia seeds will thicken the smoothie. Add more liquid if needed.

BREAKFASTS



Try these avocado toast ideas for a filling and simple meal loaded with healthy fats.

TIPS

Pick high-quality bread like Ezekiel bread, Dave's Killer Bread, or a homemade loaf. Be sure to smash the avocado in a separate bowl (not on top of the toast), so you don't destroy the toast.

AVOCADO TOAST IDEAS

IDEAS

1. The Basic T: salt, pepper, tomato slices, and basil. 🍅
2. BAT: crispy bacon, avocado, and toast.
3. Dippy Egg: 🍳 fried egg on top sprinkled with red pepper flakes.
4. Scramble Sandwich: slice the toast in half and stack a scrambled egg between the bread.
5. Salsa Chicken: mix pieces of cooked chicken breast and salsa with the avocado before spreading across the toast.
6. Cheesy Heat: toast the bread in the oven with pepper jack cheese on top. Mix lime juice and sea salt with the avocado. Remove toast from the oven, spread avocado, and top with sriracha.

BREAKFASTS

AVOCADO TOAST IDEAS (CONT.)

TIPS

7. Everything Bagel: spread cream cheese beneath the avocado and top with everything bagel seasoning.
8. Nutty 'Cado: top with almonds, pecans, or walnuts and drizzle with olive oil.
9. Strawberry and Balsamic: top with sliced strawberries  and balsamic vinegar.
10. Mango Tango: slide some yummy mango salsa on top.

BREAKFASTS



Much cheaper than store-bought yogurt, and you can reduce the tang unless you're into that.

INGREDIENTS

1 gallon of whole dairy milk
or

1 gallon of lactose free milk
(2% or whole)

6 Tbsp of plain Greek yogurt
(must have live active cultures)

HOMEMADE GREEK YOGURT

SPECIAL EQUIPMENT

- Instant Pot (IP) with a sealing ring that you use only for yogurt
- Food thermometer
- Nut milk bag for straining
- Large colander
- Huge bowl that the colander can sit in

PRO TIP

- Don't discard the drained whey. Save it and use it as a replacement for buttermilk or another acid. Great in pancakes!
- If you're using lactose-free milk, check the milk more frequently when heating it, so it doesn't burn.

HOMEMADE GREEK YOGURT (CONT.)

DIRECTIONS

1. Swap out your sealing ring for your designated yogurt ring. Dump the whole gallon of milk in the IP and press the "Yogurt" button. The display should read "boil." If the display doesn't read boil, press "adjust" until it does. Let the milk heat up for about 30-45 minutes until the IP beeps and shows "yogt."
2. Take the temperature of the milk. It needs to reach at least 180° to kill any harmful bacteria. If the milk isn't up to temperature, hit the saute button. Let the milk sit at 180° for a few minutes.
3. Fill up your sink with ice water, remove the inner pot from the IP, and place it in the sink. Make sure you don't let any water drip into the pot. You can also let the milk cool down naturally on the countertop. Monitor the temperature until it reaches 108°-112°.
4. Once the milk has cooled down, take a few spoonfuls of your starter yogurt and mix it into the milk. Stir to incorporate. Place the inner pot back into the IP and press "Yogurt" the "Adjust" until the display reads "8:00". Add time if you like a tangier taste.
5. Wait 8 hours until the IP beeps. Place the colander in your huge bowl and spoon the yogurt into the nut milk bag. Place the full nut milk bag in the colander and let the whey drain. Place the bowl in the fridge.
6. Let the yogurt drain for at least 8-10 hours. Carefully remove the yogurt from the nut milk bag and place it in a large container. Use a hand mixer to smooth the yogurt. Enjoy!

BREAKFASTS



A better option than the Quaker oatmeal packets. Less sugar, more fiber, and more delicious.

INGREDIENTS

2½ cup old fashioned oats
1¼ cup powdered oats
3 Tbsp + 1 tsp milk powder
⅓ cup chia seeds
Toppings from below

HEALTHIER INSTANT OATMEAL

DIRECTIONS

1. Mix all the ingredients in a large airtight container and mix well. Scoop out ½ cup of instant oatmeal and add 1-1¼ cups of water. Close the airtight container and store it for later.
2. Microwave oatmeal and water on high for 2 minutes. Stir and let rest for 2-4 minutes. Add desired toppings, mix well, and enjoy!

TOPPINGS

- Brown sugar and cinnamon
- Banana and walnut
- Berries and vanilla extract
- Maple syrup and pecans
- Apple sauce and cinnamon
- Cranberry and almond
- Peanut butter and banana
- Cocoa nibs and coconut flakes

BREAKFASTS



For when you want something cold! Adapted from this recipe by Monica Matheny.

INGREDIENTS

- ½ cup old fashioned rolled oats
- ⅔ cup unsweet almond milk
- ½ cup plain Greek yogurt
- 1 Tbsp dried chia seeds
- ½ tsp vanilla extract
- ¼ cup sliced strawberries

OVERNIGHT COLD OATS

DIRECTIONS

1. Mix the oats, milk, Greek yogurt, chia seeds, and vanilla extract in a meal prep container or large mason jar. Top with strawberries and cover with the lid. Wait at least 6 hours or overnight.

OTHER FLAVORS

- Blueberry and maple syrup
- Brown sugar and cinnamon
- Dehydrated apples and apple sauce
- Raspberry and vanilla
- Banana and walnut (slice banana just before serving, not overnight)

BREAKFASTS



Fall anytime of the year in your slow cooker.

INGREDIENTS

- 3 cups almond milk
- 3 cups water
- 2 Tbsp maca powder
- 1 Tbsp vanilla extract
- 1½ Tbsp of pumpkin spice
- ½ cup of pumpkin puree
- 5 Tbsp pure maple syrup
- 2 oz of chopped pecans
- 1¾ cup of steel-cut oats

PUMPKIN SPICE STEEL CUT OATMEAL

DIRECTIONS

1. Spray the inside of the slow cooker with nonstick spray.
2. Add all the ingredients except the oats. Use a whisk to mix everything, getting rid of any lumps.
3. Add the oats and gently stir.
4. Set the slow cooker to low and cook for 3-4 hours, stirring halfway through so the oats don't stick and burn. Add more water if the oats start to stick to the slow cooker.
5. Store in the fridge for up to 4 days. Serve by adding more almond milk, so the oats are your desired consistency.

BREAKFASTS



Prep all your oatmeal for the week in one batch.

INGREDIENTS

- 2½ cup steel-cut oats
- 5 cups water
- 2 ½ cups almond milk

TOPPING IDEAS

- Blueberries and maple syrup
- 🍓 Strawberries and vanilla
- 🍁 Brown sugar and walnuts
- 🍌 Banana and hemp seeds
- 🍑 Peaches and cinnamon

INSTANT POT STEEL CUT OATMEAL

DIRECTIONS

1. Add all ingredients and give a quick stir. Select high pressure and set 10 minutes cook time.
2. When beep sounds, turn off pressure cooker and use a natural pressure release for 15-20 minutes and then do a quick pressure release to release any remaining pressure. Be careful that the milk doesn't start spitting out of the release valve or you will literally have a hot mess on your hands.
3. When valve drops carefully remove lid. Stir oats. Cover and let sit five or 10 minutes until oats are desired thickness.
4. For meal prep, reheat in the microwave for 1-2 minutes by adding some milk to desired thickness.

BREAKFASTS



Breakfast ideas for when you're feeling lazy AF

LAZY BREAKFAST IDEAS

IDEAS

1. Mix one packet of instant oatmeal with about four spoonfuls of old-fashioned oats. Add water and zap in the microwave for 2 minutes. Let sit for about 5 minutes to cool and finish cooking.
2. Mix a flavored Greek yogurt cup with some plain Greek yogurt. Sprinkle with some granola, cereal, or a crumbled granola bar.
3. Pour a protein shake over your cereal instead of plain milk.
4. Take a plain cereal like Cheerios and mix it with sugary cereal.
5. Toast with a Wholly Guacamole packet spread on top (because you don't have fresh avocados in the house)
6. Microwaved eggs in the Chef Buddy Microwave Egg Cooker

ENTREES



A summer favorite for lunches or to bring to a potluck barbecue. This recipe is an excellent option for lunches if you don't have access to a microwave.

MEAL PREP QUINOA SALAD

SALAD INGREDIENTS

- 1 cup uncooked quinoa, rinsed
- 1 Tbsp coconut oil
- 2 cups chicken stock
- 1 lb diced grilled chicken breast
- 1 can of corn, drained
- 1 can of black beans, drained
- 1 cucumber, diced
- 1 red bell pepper, diced
- ¾ cup chopped red onion
- 10 oz grape tomatoes
- Fresh cilantro, chopped

DRESSING

- ¼ cup olive oil
- ¼ cup lime juice
- 2 cloves minced garlic
- 1½ tsp paprika
- ½ tsp ground cumin
- ½ tsp oregano
- 1 pinch of cayenne pepper
- ½ teaspoon fine sea salt
- Freshly ground black pepper

MEAL PREP QUINOA SALAD (CONT.)

DIRECTIONS

1. To cook the quinoa, preheat the coconut oil in a saucepan. Add the quinoa and toast for 3-5 minutes. Add the chicken stock and bring the mixture to a boil over medium-high heat, then decrease the heat to maintain a gentle simmer. Cook until the quinoa has absorbed all of the liquid, about 20 minutes.
2. In a large serving bowl, combine the chicken, corn, black beans, cucumber, bell pepper, tomatoes, onion, and cilantro. Set aside.
3. In a small bowl, combine the olive oil, lime juice, garlic, and seasonings. Whisk until blended, then set aside.
4. Once the quinoa is mostly cool, add it to the serving bowl, and drizzle the dressing on top. Toss until the mixture is thoroughly combined. Season with black pepper to taste, and add an extra pinch of salt if necessary. For the best flavor, let the salad rest for an hour in the fridge before serving.
5. This salad keeps well in the refrigerator, covered, for about four days. Serve chilled.

ENTREES



INGREDIENTS

1 lb ground turkey
3 large zucchinis
½ cup diced red onion
1 Tbsp minced garlic
½ cup tomato sauce, no salt added
1 can of black beans, drained
1 can of corn, drained
¾ cup parmesan cheese
Nonstick spray

SEASONINGS

1½ tsp paprika
½ tsp cumin
½ tsp oregano
¼ tsp ground black pepper
Salt to taste

ZUCCHINI BOATS

DIRECTIONS

1. Preheat oven to 375°. Chop the ends of the zucchini, then scrape out the inside where the seeds are using a spoon.
2. Set a nonstick skillet to medium heat and spray with nonstick spray. Add garlic and red onion. Cook until the red onion turns brown. Be careful not to burn the garlic.
3. Add the ground turkey and chop it up in the pan using a spatula, then add the seasonings. Chop and cook until there are no more visible raw pieces of meat.

ENTREES

ZUCCHINI BOATS (CONT.)

DIRECTIONS

4. Add the tomato sauce, black beans, and corn. Season with pepper and salt if needed. Reduce the heat.
5. Place the zucchini boats in a baking dish and fill the boats with the filling. Top each boat with a sprinkle of parmesan.
6. Bake in the oven for 25 to 30 minutes at 375°.

ENTREES



Have your pizza and enjoy it too!

TOPPING IDEAS

Fresh tomato slices

Olives

Onion and garlic

Bell Peppers

Spinach and arugula

Tofu

Black Beans

Mushrooms

Artichoke

Broccoli

Pineapple, peaches, or pears

IDEAS FOR A LIGHTER PIZZA

TIPS

1. Try different types of cheese. Feta, real parmesan (not the powdered stuff in the green can), goat cheese, and ricotta are all very flavorful cheeses that you can swap out for mozzarella and cheddar. Because cheeses like feta have a more robust flavor profile, you don't need to use nearly as much.
2. Opt for a thin crust. If you still want a bread-based crust opt for a thin crust to reduce the calories. Deep dish or pan pizzas can hold a lot more bread and toppings, so choose to go thin.

IDEAS FOR A LIGHTER PIZZA (CONT.)

DIRECTIONS

3. Or try an alternative crust. Cauliflower, almond flour, ground chicken, sweet potatoes, and zucchini can all be made into pizza crusts. If you have the option, give 'em a whirl.
4. Make your pizza sauce. A homemade pizza sauce can drastically reduce the sodium and sugar in a pizza sauce. Even if you used canned tomato sauce and tomato paste to make your sauce, you can omit added sugars and add more spices. 🍅
5. Or drizzle your crust with olive oil. A good drizzle of olive oil will create a beautiful crispy crust and add healthy fats.
6. Add lots of veggies. Spinach, bell pepper, artichoke, onions, zucchini, and squash make great veggie toppings.
7. Swap out sausage and pepperoni. Chicken, shrimp, Canadian bacon, and black beans are all ways to add more protein without the extra fat.

ENTREES



INGREDIENTS

2-3 frozen skinless, boneless
chicken breast halves
 $\frac{3}{4}$ cup yellow mustard
 $\frac{1}{4}$ - $\frac{1}{2}$ cup honey (to taste)
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ - $\frac{1}{2}$ cup apple cider vinegar
(to taste)
2 tsp Worcestershire sauce
1 tsp garlic powder
Pinch or more of cayenne
 $\frac{1}{2}$ tsp salt
Dash of hot sauce

SLOW COOKER CAROLINA BBQ CHICKEN

DIRECTIONS

1. Place chicken in a slow cooker. Mix the rest of the ingredients in a bowl and whisk until smooth. Add sauce to a slow cooker over the chicken.
2. Cover, and cook for 3 to 4 hours on high or 6 to 8 hours on low.
3. Remove chicken from slow cooker and shred with tongs or place in a stand mixer bowl and use the dough hook to shred.
4. Return the chicken to the slow cooker and turn the slow cooker down to low or warm. Let sit for 20-30 minutes. Enjoy!

ENTREES



How to not dry out your chicken breasts.

INGREDIENTS

- 2 chicken breasts (thawed if frozen)
- Juice from 2 limes
- 2 Tbsp of honey
- 2 cloves of garlic
- 1 tsp of ginger paste
- 1 tsp of cilantro paste
- Dash of cayenne pepper
- Salt and pepper
- Olive or avocado oil

HONEY GARLIC LIME CHICKEN

DIRECTIONS

1. Pat dry your chicken breasts with a paper towel and pull as much water out of the chicken breasts as possible. Press into chicken breasts so the breasts are of a uniform thickness. Place in a glass dish and salt on both sides. Let sit for 2-3 hours.
2. Pat the chicken breasts again and remove any water from the glass dish. Mix up the remaining ingredients except for the oil and pour over the chicken breasts to marinate for at least 1 hour.

HONEY GARLIC LIME CHICKEN (CONT.)

DIRECTIONS

3. Preheat oven to 400°. Preheat a skillet to medium-high heat. Drizzle the skillet with enough oil to cover most of the skillet. When the skillet is hot, place the chicken breasts in it and don't move them for 2-4 minutes.
4. When the chicken is golden brown, flip it to the other side. Once both sides are golden brown, move the chicken breasts to a baking dish and insert a meat thermometer into the middle of the chicken breast. Set the thermometer to 160°. Bake in the oven until the temperature is reached.
5. Remove from oven and wait until the chicken reaches 165°. Let the chicken rest for a few minutes before slicing. Serve with rice, veggies, or on top of a salad.

ENTREES



Stir fry is a basic B food. Easy to learn but hard to master. Here are five tips that have elevated my stir fry game.

TIPS FOR BETTER STIR FRY

TIPS

1. **Cook your sauce on the side, not too hot.** If you add a stir-fry sauce to a super hot pan, the sauce cooks too quickly and gets weird. Cooking on medium to low heat on the side and then adding it to the wok after it's been taken off the heat will remedy this problem. My stir-fry sauce would congeal and get these super gross jelly bits in it, and I didn't know why until I started cooking it on the side.
2. **Remove your protein once it's fully cooked.** Removing the protein will keep it from drying out or burning. Keep it on a plate, then add it back at the end.

TIPS FOR BETTER STIR FRY (CONT.)

DIRECTIONS

3. **Cook any frozen veggies in the microwave.** Fresh veggies are best in stir fry, but sometimes you got to dig into the freezer. The extra water in frozen veggies will fill your wok with water, so you boil your food instead of stir-frying. Also, undercook the frozen veggies a teeny bit and then add them at the end with your protein.
4. **Pre-cut everything before heating the wok.** Once that pan is ready, the stir fry should only take 10 minutes to cook everything. Ensure all your veggies, sauces, and proteins are prepped before cooking. The last thing you want to do is burn your food because you were busy chopping.
5. **Keep the pan 🔥 HOT 🔥.** Adding too much to the pan at once will cool down the pan and make everything cook unevenly. Add one veggie at a time and let the pan heat up before adding anything else. I usually keep my wok at medium-high heat for the best results.

ENTREES



FOR THE RICE

2 cups Jasmine rice
2 cups water

FOR THE SAUCE

½ cup low-sodium soy sauce
½ cup chicken broth
1 Tbsp arrowroot powder (or
cornstarch)
1 Tbsp honey
1 tsp sesame seed oil
1 tsp rice vinegar
2 Tbsp ginger paste
1½ Tbsp of minced garlic

BETTER THAN TAKEOUT STIR FRY

FOR THE STIR FRY

4-5 chicken tenders or 2-3 large chicken breasts, sliced into ½ inch pieces (or another protein of choice)
1 orange bell pepper, sliced into strips
1 head of broccoli, trimmed into small florets
¼ pound of green beans ends trimmed and cut into ½ inch pieces
1 can of baby corn, sliced into ½ inch pieces
Any other vegetables your heart desires
Sesame seed oil

BETTER THAN TAKEOUT STIR FRY (CONT.)

DIRECTIONS

1. Pat chicken dry to remove as much moisture as possible. If you have time, sprinkle with salt and let rest in the fridge for 2 hours to remove more water.
2. Rinse the rice in a mesh strainer until water runs clear. Spray the inside of an Instant Pot with cooking spray. Add the water and wet rice. Cook on high pressure for 4 minutes then naturally release for 10 minutes.
3. Whisk all the sauce ingredients into a saucepan and heat on medium-low heat until bubbling and thickened.
4. Heat a nonstick pan or wok to medium-high heat. Add 1 Tablespoon of oil and add chicken pieces. Cook until browned and remove from pan.
5. Add broccoli and green beans to the pan. Add 2-4 Tablespoons of water and cover for 2-3 minutes, until vegetables are bright green.
6. Remove the lid and add bell pepper. Cook for 2-3 minutes then add baby corn. Cook for an additional 2-3 minutes.
7. Turn off the heat and add the chicken back to the pan. Once the pan is slightly cool, add sauce and mix. Serve over rice.

ENTREES



Salmon is great for meal prep because it won't dry out in the fridge.

INGREDIENTS

- 4 6-oz salmon fillets (thawed if frozen)
- ½ cup of olive oil
- 4 Tbsp of fresh lemon juice
- Salt and black pepper
- 1 Tbsp ground coriander
- ¼ tsp ground cloves
- 1½ tsp ground cumin
- 1 tsp nutmeg

SALMON MEAL PREP

DIRECTIONS

1. Pat the salmon to remove any excess water. Set aside.
2. Mix olive oil, lemon juice, and seasonings in a bowl and marinate salmon for 30 minutes but no more than 1 hour.
3. Clean the grill grates by dipping a paper towel in cooking oil and rubbing over the grates until the grates are clean, shiny, and black. You can also use a George Foreman countertop grill or cast iron stovetop grill pan as well. Preheat the grill to about 400°.
4. Place a meat thermometer probe into the thickest part of a salmon fillet and set to 140°. Place the salmon fillets on the grill. Flip when cooking temperature reaches about 70° or when the cooked side becomes brown. Flip additional times if necessary.

ENTREES

SALMON MEAL PREP (CONT.)

DIRECTIONS

5. Remove the salmon from the grill when the meat thermometer reads 140° and let rest. Make sure the meat thermometer reaches 145° off the grill before serving.

MORE FLAVOR IDEAS FOR SALMON

- 😊 Garlic, butter, salt and pepper
- 😊 Fresh grated lemon peel and dill
- 😊 Paprika, onion powder, garlic powder

ENTREES



LIGHTER CHICKEN QUESADILLAS

QUESADILLA INGREDIENTS.

2 uncooked tortillas, or Ezekial sprouted grain tortillas
¼ cup Mexican blend cheese
2-4 oz of cooked chicken breast or protein of choice
2-3 Tbsp canned black beans, drained
¼ bell pepper, sauteed
2-3 Tbsp diced red onion, sauteed

TIPS

- If you need to cook the filling ingredients, cook the chicken breast, bell peppers, and red onion together. Then add the beans until they are warmed.
- If you are using raw uncooked chicken, season with garlic, cilantro, cayenne pepper, chili powder, paprika, salt and pepper before cooking.
- Feel free to experiment with the filling!

GREEK YOGURT LIME DIP

¼ cup plain, nonfat Greek yogurt
1 clove of minced garlic
2 tsp lime juice
1 Tbsp chopped cilantro
Dash of cayenne pepper
Dash of chili powder
Dash of paprika
Salt and pepper to taste

LIGHTER CHICKEN QUESADILLAS (CONT.)

DIRECTIONS

1. Mix all the lime dip ingredients in a bowl and set aside.
2. If using uncooked tortillas, preheat a non-stick skillet to medium-high heat. Cook tortillas for about 30 seconds on each side and remove from skillet.
3. Reduce heat to medium-low. Place tortilla in the skillet and top with half the cheese. Sprinkle the rest of the ingredients and the remaining cheese. Top with the other tortilla.
4. Cook until the bottom cheese starts to melt and the tortilla becomes crispy, about 2-3 minutes. Lift the quesadilla out of the skillet with a large spatula then bring the skillet off the burner. Meet the top of the quesadilla with the skillet by flipping the skillet so the cooking surface faces the floor. Press the quesadilla into the skillet and return it to the burner. Cook another 2-3 minutes until golden brown.
5. Remove from skillet and cut into 8 pieces. Top with lime sauce, salsa, or avocado.

SIDE DISHES



Use your leftover vegetables in-stead of tossing them.

INGREDIENTS

Potatoes

Brussels sprouts

Carrots

Onion

Bell pepper

Zucchini

Squash

Any other leftover vegetable

LEFTOVER VEGETABLE ROAST

DIRECTIONS

1. Set oven to 450°. Chop any leftover vegetables into small pieces, approximately the same size.
2. Line a baking sheet with parchment paper or spray with nonstick spray. Spread vegetables evenly onto the baking sheet in a single layer and drizzle with a high heat oil like avocado oil. Season with salt, pepper, and any other herbs or spices you like.
3. Roast for approximately 20-30 minutes depending on the vegetables, turning every 10 minutes to prevent burning.

SIDE DISHES



HOW TO STORE

Before you cook: store asparagus upright in a jar with about an inch or water to keep it fresh. Also, snap the brittle ends off. Just bend the asparagus and it will snap where it needs to.

5 WAYS TO COOK ASPARAGUS

IDEAS

1. **Grilled** (my favorite): line a gas grill with aluminum foil or use an indoor grill to cook until bright green with some light grill marks. Spritz with olive oil and balsamic vinegar.
2. **Roasted**: cook at 425° for 10-15 minutes. Top with parmesan, red pepper flakes, cayenne, or olive oil.
3. **Steamed**: use a steamer basket on the stovetop and cook for about 3 minutes. Or add 1 cup of cold water to an Instant Pot with a silicone basket or trivet to cook on high pressure for 1 minute with a quick release.

5 WAYS TO COOK ASPARAGUS (CONT.)

IDEAS

4. **Sauteed:** heat up oil and toss 2-inch pieces of asparagus into pan. Stir constantly and cook for 2 minutes, until bright green. Then add any garlic or seasonings and cook for an additional minute.
5. **Raw:** cut thin diagonal slices or use a mandolin. You can also peel into thin ribbons. Toss with lemon juice, olive oil, and salt.

SIDE DISHES



Here are some healthier alternatives to french fries for when the fast food bug starts biting. All of these ideas use baby creamer potatoes

POTATO SIDE DISH IDEAS

IDEAS

1. **Smashed Potatoes:** Boil potatoes for 15-20 minutes then drain. Place on a baking sheet and smash with a glass cup. Oil and season to preferences. Bake at 425° for 20-25 minutes until crispy.
2. **Grilled Crispies:** Thinly slice and toss with olive oil, salt, and pepper. Place in a single layer on a preheated George Foreman style grill until golden brown.
3. **Roasted:** Place whole potatoes on a baking sheet and season to your preferences. Bake at 425° for 20-25 minutes.
4. **Steamed:** Use a steamer basket and a pot of boiling water to steam for 12-15 minutes.

SIDE DISHES

POTATO SIDE DISH IDEAS (CONT.)

IDEAS

5. **Microwaved:** Place in a microwave safe bowl and cover with plastic wrap. Cook for 5-8 minutes, stirring once. Some of the potatoes may pop out of their skins.
6. **Slow Cooker:** pair with a meat and cook for 4-7 hours, until the meat is properly cooked.
7. **Sauteed:** slice or cube the potatoes. Place in a preheated pan with oil over high heat, stirring frequently.
8. **Air Fried:** Oil and season to taste. Cook at 400° for 15-20 minutes, shaking after 10 minutes.
9. **Kabobs:** parboil (partially cook) in boiling water for 5 minutes. Drain and rinse in cold water. Add to skewers with vegetables and sausage.
10. **Foil Packets:** add potatoes to a foil packet filled with sausage, beef, or chicken and grill on low heat for 10 minutes on each side.

SNACKS & TREATS



A crowd favorite! It's awesome for breakfast on-the-go and snacks.

INGREDIENTS

- 2 cups rolled oats
- 4 Tbsp ground flax seed
- 4 Tbsp chia seeds
- 6 Tbsp choc. protein powder
- 1 cup natural peanut butter
- ½ cup honey
- ½ cup dark chocolate chips

PEANUT BUTTER PROTEIN BALLS

DIRECTIONS

1. Place the oats, ground flax seed, chia seeds, and protein powder in a bowl or stand mixer. Gently mix until combined.
2. For the peanut butter and honey, I recommend using an adjustable measuring cup or measuring out by weight on a food scale. Combine with the dry ingredients and mix until well blended.
3. Add the chocolate chips and mix well. A combination of dark and semi-sweet chips is good too!
4. With clean hands, roll out the mixture into 20-24 golf ball sized balls. Place in an airtight container and refrigerate for at least 30 minutes. Enjoy!

SNACKS & TREATS



QUARANTINE COOKIES

INGREDIENTS

$\frac{3}{4}$ cup unsalted butter
softened
 $\frac{3}{4}$ cup white sugar
1 cup brown sugar
1 whole egg + 1 yolk
1 Tbsp vanilla
 $\frac{1}{2}$ tsp salt
 $\frac{3}{4}$ tsp baking soda
 $\frac{3}{4}$ tsp baking powder
 $1\frac{1}{4}$ cup all-purpose flour
 $1\frac{1}{4}$ cup bread flour
1 cup semi-sweet
chocolate chips
1 cup dark chocolate chips
(I used Ghirardelli 60%)

DIRECTIONS

1. Preheat oven to 375°. Add softened butter to a stand mixer, add sugars, and blend until smooth. Add egg, yolk, and vanilla and mix until you can't see the yolks anymore.
2. Add salt, baking soda, baking powder, and flours in a separate bowl. Sift well. Gradually add sifted dry ingredients to the mixer and blend until most of the flour is absorbed. Pinch the flour, and it's ready if it doesn't stick to one finger. Add more flour if the dough is sticking to both fingers.
3. Add both kinds of chocolate chips and fold the chips into the dough with a rubber scraper until combined.

SNACKS & TREATS

QUARANTINE COOKIES (CONT.)

DIRECTIONS

4. Line a baking sheet with parchment paper and scoop about 3 Tablespoons of dough onto the sheet (8 per baking sheet). Bake the room temperature dough for 8-9 minutes or until the edges look light brown. Remove from oven and let sit for 2-3 minutes before moving to a cooling rack.

SNACKS & TREATS



INGREDIENTS

- 4 cups old-fashioned oats
- 1 cup powdered oats
- 1 cup chopped walnuts
- $\frac{1}{4}$ cup chia seeds
- 2 tsp ground cinnamon
- Dash nutmeg, cloves, ginger & allspice
- 1 tsp fine sea salt
- $\frac{1}{2}$ cup melted coconut oil
- $\frac{1}{3}$ cup real maple syrup
- 2 tsp vanilla extract

MAPLE SPICE AND WALNUT GRANOLA

DIRECTIONS

1. Preheat oven to 325°. Get a big bowl and add all the ingredients to the bowl. Use a rubber scraper to incorporate all the ingredients. You may need to add more coconut oil to ensure all the ingredients are coated.
2. Line a baking sheet with parchment paper and evenly spread the granola mixture. Place the baking sheet in the oven for about 20 minutes, then stir the granola, so the edges don't burn. Bake for another 20-30 minutes until the granola looks golden brown.
3. Take the sheet out and let the granola cool completely before serving. Break apart into clusters and place in an airtight container.

SNACKS & TREATS



CRANBERRY, WALNUT, & SPICE GRANOLA

DIRECTIONS

1. Heat oven to 300°F. Line a large baking sheet with parchment paper, and set aside.
2. In a large mixing bowl, stir together all the dry ingredients until evenly combined.
3. Add the wet ingredients and fold them into the dry ingredients until all the oats are evenly covered.

INGREDIENTS

- 4 cups old-fashioned oats
- 1 cup powdered oats in a blender
- ½ cup chopped walnuts
- ½ cup raw pumpkin seeds (pepitas)
- ¼ cup chia seeds
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- ½ teaspoon ground cloves
- 2 teaspoons ginger paste
- 1 teaspoon fine sea salt
- ½ cup melted coconut oil
- 1/3 cup maple syrup
- 2 teaspoons vanilla extract
- ½ cup chopped dried cranberries

SNACKS & TREATS

CRANBERRY, WALNUT, & SPICE GRANOLA (CONT.)

DIRECTIONS

4. Spread the granola out evenly on the prepared baking sheet. Bake for 30-40 minutes, until evenly browned and golden.
5. Remove from the oven and transfer the entire baking sheet to a wire baking rack. Let cool until the granola reaches room temperature. Break apart into clusters and store in an airtight container at room temperature for up to one month.

SNACKS & TREATS



A protein-infused treat for summer heat without the extra sugar of traditional popsicles.

INGREDIENTS

- 2 cups sliced strawberries
- 2 cups plain Greek yogurt
- 1 Tablespoon pure vanilla extract
- 2-3 Tablespoons honey (to taste)

GREEK YOGURT POPSICLES

DIRECTIONS

1. Place the strawberries in a bowl and take a potato masher to crush the strawberries, so there are some juices and small pieces of strawberries. Set aside.
2. Mix Greek yogurt, honey, and vanilla in a separate bowl until smooth. Gently fold in the mashed strawberries so there are some lovely swirls.
3. Pour the mixture into popsicle molds and place into the freezer for 4-6 hours.

SNACKS & TREATS



The perfect portion size for a little treat. The cheesecake recipe comes from [OhSoDelicioso](#) with my own blackberry topping.

INSTANT POT MINI CHEESECAKES

GRAHAM CRACKER CRUST

1 ½ cups graham cracker crumbs (about one package inside the box)
6 Tbsp melted butter
3 Tbsp sugar
1 tsp cinnamon

BLACKBERRY TOPPING

2 ½ cups fresh blackberries
2-3 Tbsp sugar
1 Tbsp vanilla
1 Tbsp cornstarch + 1 Tbsp water

CHEESECAKE FILLING

8 oz. cream cheese completely room temperature
½ c sugar
1 tsp vanilla
1 Tbsp lemon juice
2 eggs at room temperature

SPECIAL EQUIPMENT

Instant Pot
Trivet for Instant Pot
6-3 ½ inch ramekins
Mesh sieve

INSTANT POT MINI CHEESECAKES

DIRECTIONS

1. **How to make the graham cracker crust:** For the crust, combine all ingredients and press about 3-4 Tablespoons into the bottoms of each ramekin using the bottom of a cup. Don't make the crust too thick.
2. **How to make the cheesecake filling:** For the cheesecake, beat cream cheese and sugar with an electric mixer until smooth. Beat in vanilla and lemon juice. Then add eggs and gently mix until smooth. You may want to use a rubber scraper to prevent over-mixing the eggs. Pour mixture into ramekins.
3. Place 1 cup of water in the bottom of the pressure cooker. Layer ramekins with a tray or trivet. Set high 3 minutes, then natural release. The natural release may take 30+ minutes.
4. Cool to room temperature, then chill in the fridge for about 3 hours. Top with blackberry topping.
5. **How to make blackberry topping:** Add the blackberries, sugar, and vanilla to a small saucepan on medium heat. Simmer for about 10 minutes. Mix the cornstarch and water in a small jar and slowly add to the saucepan until the topping thickens.
6. Pour the topping through the mesh sieve to strain out the seeds. You may need to push it through the sieve with a rubber scraper and scrape the bottom of the sieve to get the topping through.

FAVORITE RECIPES FROM OTHER CHEFS

The following list is recipes that I love from other chefs, bloggers, and websites. Click the recipe's name, and it will take you to the website.

- [Cookie Dough Protein Bites](#) (Run Lift Eat Repeat)
- [Egg Roll in a Bowl](#) (The Girl Who Ate Everything)
- [Golden Sweet Cornbread](#) (Allrecipes)
- [High Protein, Hearty Tuna Salad](#) (Fit Men Cook)
- [No Knead Sourdough Bread](#) (Feasting at Home)
- [Paleo Turkey Crockpot Chili](#) (Inspired RD)
- [Perfect Instant Pot Brown Rice](#) (Amy + Jacky)
- [Quinoa in the Instant Pot](#) (Detoxinista)
- [Sheet Pan Chicken Fajitas](#) (Cooking Classy)
- [Slow Cooker or Instant Pot Seafood Ramen](#) (Fit Slow Cooker Queen)
- [Soulful Chicken Soup](#) (Southern Living)
- [The Baked Potato](#) (Food Network)
- [Mediterranean Chopped Salad Wrap](#) (Fit Men Cook)

3 Step Dinner Planner

Step 1: Pick Meal Type		Step 2: Match to Recipe	Step 3: Add to a Day
Chicken			<i>Sunday:</i>
Fish/Seafood			
Beef			<i>Monday:</i>
Turkey			
Pork			<i>Tuesday:</i>
Vegetarian			
Salad			<i>Wednesday:</i>
Stir Fry			
Soup			<i>Thursday:</i>
Slow Cooker			
Grill			<i>Friday:</i>
Pressure Cooker			
Mediterranean			<i>Saturday:</i>
Italian			
Asian/Indian			
Mexican			
Easy/Pre-made			

3 Step Breakfast Planner

Step 1: <i>Pick Meal Type</i>		Step 2: <i>Match to Recipe</i>	Step 3: <i>Add to a Day</i>
Eggs			Sunday:
Greek Yogurt			
Smoothie			Monday:
Bacon			
Protein Pancake			Tuesday:
Hot Oatmeal			
Overnight Oats			Wednesday:
Steel Cut Oats			
Burrito			Thursday:
Quinoa Bowl			
Toast			Friday:
Cereal/Granola			
Fruit			Saturday:
Protein Shake			
Dinner Leftovers			

3 Step Meal Planner

Step 1: <i>Fill in Meal Type</i>		Step 2: <i>Match to Recipe</i>	Step 3: <i>Add to a Day</i>
			Sunday:
			Monday:
			Tuesday:
			Wednesday:
			Thursday:
			Friday:
			Saturday: